

FOSTERING ACTIVE LISTENING

EVENT: Fostering Active Listening – Counselling Workshop

DATE: 8 September 2026

CONDUCTED FOR: Class 8C

A counselling workshop on '**Fostering Active Listening**' was conducted for **Class 8C on 8 September 2026**. Through interactive activities such as the **Active Whispering Game** and **Listen and Draw**, students explored the difference between merely hearing and truly listening, while practising focused listening and clarification skills. The students enthusiastically participated, identified common barriers to effective listening, and reflected on how it feels when one is not heard. They were introduced to the **E.E.P. model – Eye Contact, Ear to Understand, and Paraphrase**, equipping them with practical strategies to become more attentive and empathetic listeners. The session was engaging, interactive, and impactful.

